



Discover your Raleigh Parks and Recreation Department

Preschool Programs

Dance - Tippy Toes Ballet

Age 18M - 2Y

Introduce your ballerina to the world of dance through Ballet. They will explore simple fun elements such as positioning, levels, techniques, point and flex, spatial dynamics and graceful moves. The benefits may include balance, coordination and self awareness. Instructor: Ms Khadija (Coach K). \$36

#108457 May 2-23 M 11:30 am -12:00 pm

Dance - Twirling Ribbons

Age 2 yrs. - 3Y

They love it! Colorful ribbon movements creating hoops, loops, figures, floats, swirls, and trains Learn fun dance steps that are short, easy to follow and beautiful to see! Instructor: Ms. Khadija (Coach K.) \$36

#108448 Jun 4-25 Sa 11:15 am -11:45 am

#108449 Jul 2-23 Sa 11:15 am -11:45 am

Princess Ballet

Age 2 yrs. - 3Y

Introduce your ballerina to the world of dance through Ballet. We will explore simple, fun elements such as positioning, levels, techniques, point and flex, spatial dynamics and graceful moves. The benefits can include improved balance, coordination, self awareness and the class is a great way to further socialization skills.

Instructor: Ms. Khadija (Coach K) \$36

#108453 May 7-28 Sa 11:15 am -11:45 am

Dance - Pirouette Ribbon Dance

Age 3 yrs. - 5Y

Dancers will dance like stars in the sky while you watch the twinkle in their eyes! We will learn ribbon twirls, spins and a variety of easy dance patterns. Fun, upbeat music accompanies this precious class for both boys and girls. Instructor: Ms. Khadija (Coach K) \$42

#110890 May 2-23 M 2:00 pm - 2:45 pm

Gymnastics - Parent & Tot Tumblers

Age 2M - 3Y

Fun and exciting learning including stunts, tumbling, rolls, climbs, jumps and flips. Motor skill development and spatial expression area play are emphasized. This is a parent-tot participation class. At least one parent must attend. Instructed by Coach 'K', NCAE Certified. \$40

#108445 Jul 2-23 Sa 12:00 pm -12:45 pm

Playgroup Tot Time

Age 1 yrs. - 5Y

The gym is your playground! Come meet other families in your community in a recreation setting. The gym will be reserved for parents and their young children. Sports and recreation equipment will be available for use. This program is free and registration is required to attend. \$0

May 3-June 2 Tu, Th 10:00 am -12:00 pm

Basketball - Little Shooters

Age 3 yrs. - 5Y

A skills, drills and play shooters game class. Players learn the basics including dribbling, shooting, passing, one-on-one, offense-defense and team play fundamentals for a rewarding sports experience.

Instructed by Coach K, BS, Licensed/Certified. \$36

#108266 May 3-24 Tu 4:15 pm - 5:00 pm

#108267 May31-Jun21 Tu 4:15 pm - 5:00 pm

#108268 Aug 2-23 Tu 4:15 pm - 5:00 pm

#108269 Jun 28-Jul 26 Tu 4:15 pm - 5:00 pm

Daddy and Me Sports Zone

Age 3 yrs. - 5Y

Dads, it's your morning to shine! You and your little one will grow closer as you both make new friends, have fun, and play group games that will improve hand-eye coordination, muscular skills and balance. Instructor: Coach K. \$40

#108420 Jun 4-25 Sa 10:30 am -11:15 am

Laurel Hills Center

Summer Programs 2011

Basketball - Two's Sport Zone

Age 2 yrs. - 2Y

This parent-tot class is a great way to play while learning about the basics of basketball on a toddler's level. Little shooters will enjoy the tiny hoop games, touch-n-go dribbling, catch, pass, and more motor skill development fun. Wonderful for social skills and fitness! Instructor: Coach K. \$36

#108409	Jul 2-23	Sa	9:00 am - 9:30 am
#108410	Aug 6-27	Sa	9:00 am - 9:30 am
#108411	May 7-28	Sa	9:00 am - 9:30 am
#108412	Jun 4-25	Sa	9:00 am - 9:30 am

Football - Little Tacklers

Age 3 yrs. - 5Y

Hut one, hut two.....hike! This class is an introduction in skills development that teaches the basics of football including passing, kicking, catching and running. The class will help develop hand/eye coordination, listening skills, good sportsmanship and teamwork! Emphasis will be on safe play. Some parent participation included. Touchdown! \$36

#108407	May 7-28	Sa	12:00 pm - 12:30 pm
#108408	Aug 3-24	W	6:15 pm - 6:45 pm

Football - Two's Sport Zone

Age 2 yrs. - 2Y

Parent and child come off the sidelines and get into the game as you learn about football skills by participating in mini drills and fun games. Punt, pass, kick and catch basics and more! Benefits include hand-eye coordination, body awareness and socialization.

Instructor: Coach K. \$36

#108421	Aug 6-27	Sa	10:30 am - 11:00 am
---------	----------	----	---------------------

Soccer - Little Kickers

Age 3 yrs. - 5Y

This class is an introduction in skills development that teaches the basics of soccer including drills such as passing, dribbling, and shooting. Class will help develop hand/eye coordination, listening skills, good sportsmanship and teamwork! GOAL!!!! \$36

#108272	May 4-25	W	4:15 pm - 5:00 pm
#108273	Jun 1-22	W	4:15 pm - 5:00 pm
#108274	Jun 4-25	Sa	1:00 pm - 1:45 pm
#108275	Jul 6-27	W	4:15 pm - 5:00 pm
#108276	Jul 2-23	Sa	1:00 pm - 1:45 pm

Soccer - Two's Sport Zone

Age 2 yrs. - 2Y

Parent and child come off the sidelines and get into the game as you learn about soccer skills by participating in mini soccer drills and fun games. Play drop, dribble, kick, net goals and more. Benefits include hand-eye coordination, body awareness and socialization.

Instructor: Coach K. \$36

#108413	May 7-28	Sa	9:45 am - 10:15 am
#108414	Jul 2-23	Sa	9:45 am - 10:15 am
#108415	Jun 4-25	Sa	9:45 am - 10:15 am
#108416	Aug 6-27	Sa	9:45 am - 10:15 am

T- Ball - Two's Sport Zone

Age 2 yrs. - 2Y

This parent-tot class is a great way to play while learning about the basics of baseball on a toddler's level. Little all-stars will enjoy the tiny t-ball games, hitting, catching, throwing, and more motor skill development fun.

Wonderful for social skills and fitness! Instructor: Coach K. \$36

#108417	May 7-28	Sa	10:30 am - 11:00 am
#108418	Jul 2-23	Sa	10:30 am - 11:00 am

T-Ball - Little Sluggers

Age 3 yrs. - 5Y

Introduction to T-ball skills using activities that teach fielding, hitting, throwing, and catching. This basic sports program will also help build your child's coordination and confidence in a fun, non-competitive atmosphere. Instructor: Coach K. \$36

#108277	Jun 29-Jul 20	W	5:15 pm - 6:00 pm
#108278	Jun 1-22	W	5:15 pm - 6:00 pm
#108279	Aug 3-24	W	5:15 pm - 6:00 pm